

Banana Kamut Muffins

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Ingredients

1 c. all purpose flour
1. c rolled kamut flakes
2 t. baking powder
1 t. cinnamon
1/2 t. baking soda
1/8 t. salt
1 large egg
1/2 c. light brown sugar
1 1/2 c. mashed ripe bananas
1/3 c. canola oil
1 t. vanilla

Combine kamut flakes, egg, oil and vanilla and let sit 5 minutes to slightly softened flakes.

Add sugar and the remaining dry ingredients.

Defrost bananas (I like to keep ripe bananas in the freezer) and expel from skins into a bowl. Mash and add to the rest of the muffin mixture.

Mix just until combined and divide among muffin pan.

Streusel topping

3 T. flour
3 T. salted butter, melted
1/2 t. cinnamon
6 to 8 T. sugar

Mix to desired crumble and top muffins before baking.

Bake at 375 degrees Fahrenheit for 15 minutes.

Makes 12 muffins.